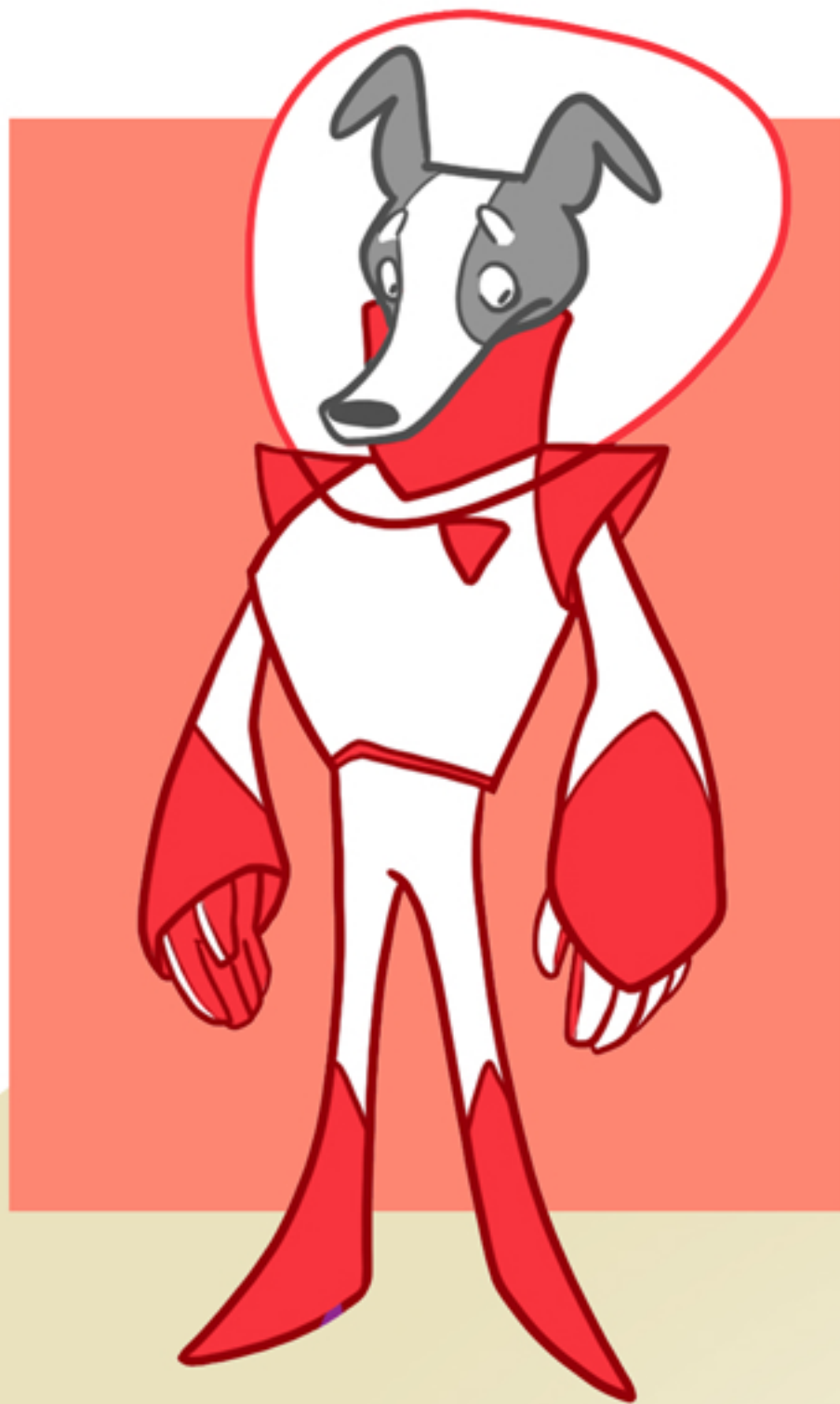


EMPOWERNAUTS

Meet Kimble



Kimble is an Empowernaut - a group of astronaut friends who learn to manage their mental health conditions as they explore new and uncharted corners of the galaxy! She's building skills to manage anxiety even in new and unknown places. Follow Kimble's journey of empowerment to help her earn new gear and equipment!



I SEE EVIDENCE OF _____ NOW.



I PAUSE TO SAVOR _____ IN MY DAY.



_____ IS A HEALTHY DISTRACTION.



I NOURISH MYSELF WITH _____.



I'M CONNECTING BY _____.



Yeah! You helped Kimble earn the **Scientist Badge**!

As a scientist, she'll find out the story that evidence tells. Discovering evidence may feel scary at first, but each piece of the puzzle helps Kimble understand the big picture. What a relief!



LEVEL

1

SCIENTIST BADGE

In this awareness exercise, you can use a blank piece of paper, a digital or physical journal, or simply think about it in your mind.

1. Find a spot to pause for about one minute wherever you are.
2. Note exactly what is happening around you, as evidence.
3. If feelings or emotions arise, compare them to what you found.

A scientist may hope a hypothesis is true, but to prove it they must show the evidence and test it. Anxiety can spin a convincing story saying, "Things around you are going terribly wrong." Respond to anxiety like a scientist would by collecting evidence that will lead you to the big picture.

Woot! You helped Kimble earn a **Time-Capture Cam!**

Now she'll be equipped to pause, notice, and capture moments like moonrises, or cool objects, places and experiences to savor later!



LEVEL

2

TIME-CAPTURE CAM

For this technique, you'll zero in on feelings you like, then pause to enjoy them. This is called *savoring*, and all you need is your memory to start!

1. Pause and notice sensory experiences you like in the moment.
2. Breathe in slowly, and begin to memorize that exact feeling.
3. If you have a camera or journal, try documenting it to reflect on later.

Studies have shown that memory is connected to all of our senses. In a moment of anxiety, one trick is to recall a memory where you felt calm or happy. Your body will naturally act on what the mind's eye sees in the memory, and shift your mood!

Huzzah! You helped Kimble earn **Gravity Boots!**

No Empowernaut should brave new worlds without claiming a little “me time”! These boots will be the perfect distraction for Kimble, making tomorrow’s to-do list seem worlds away!



LEVEL
3

GRAVITY BOOTS

In this stress management exercise, you’ll use sensory distraction as a tool for resisting anxiety’s pull.

1. Think of any activity you can do now that lasts about 15 minutes.
2. Set a timer and begin to put your whole attention into that activity.
3. Make a list on a notecard of 1-5 go-to distractions to keep with you!

When anxiety strikes, it can feel like things are spinning out of control. Science tells us, the brain doesn’t like to focus on two things at once. By immersing in a different activity, you force yourself to ignore the anxiety! It gets easier with regular practice!



Alright! You helped Kimble earn a **Comfort Vest**!

With this warm vest packed with healthy snacks, water, and a music cartridge, Kimble can refuel and recharge for another exciting day of exploration!



LEVEL

4

COMFORT VEST

In this resiliency exercise, you'll stock up on nourishing supplies to restore energy spent on processing thoughts and feelings, alongside daily tasks.

1. Prepare some healthy snacks and keep them at the ready.
2. Fill a glass or bottle with drinking water and keep it handy, too.
3. Set up your sleeping area so it's cool, dark, and distraction-free.

Stress shows up in different forms. It can behave like agitation, fatigue, disorientation, anger, or exhaustion. The best remedy can often be the simplest: Taking a break! A restorative snooze, snack, or song can strengthen and reset your body.

Wow! You helped Kimble earn the **Galactic Transponder!**

Now she'll be able to chat with new astronaut friends. Outer space may seem lonely, but that's nothing that can't be fixed with a little sparkling conversation! It feels good to be heard!



LEVEL
5

GALACTIC TRANSPONDER

In this exercise, think of one to two trusted friends, teachers, or relatives who you care about and reach out. Here are some ideas:

1. Ask if they'd like to set up a "just for fun" call or video chat.
2. Invite them to play a game online.
3. Make a plan to exchange hand-written letters, cards, or notes.

It's a scientific fact that connecting with others can boost happiness and lower stress. Often our friends and loved ones are just what the doctor ordered! They remind us we're supported, forgive easily, and empathise with stories of their own!